

Damuwa lafiya



Efavirenze [Sustiva]



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Wane Irin Labarin Ne Efavirenz Na Iya Kawowa?

Mahinman lahani da Efavirenz na iya kawowa sune”

- Ninshari
- Jiri
- Rashin Barci
- Munanan Mafarki
- Rashi sa Hankali wuri guda
- Rudewa

Shan maganin lokacin barci na iya hana wayanan lahani da lokaci kuwa duk wayannan sai su wuce.

- Efavirenz na iya kawo kuraje masu kaikayi a jiki. Wannan na rika faruwa cikin mako biyu na shan maganin.
- Indan kaikayin bai tsananta ba, ka ci gaba da shan maganin sa'an na ka nemi shawarar likita. Likita na iya baka shawarar yadda zaka yi da kaikayin ba da tsai da maganin ba.
- In kaikayin ya tsananta, har da alamun zazabi, da kunibun ido da sa ido ta yi ja, da kuraje a baki da ciwon mahadin gabobin jiki. Ka dakatar da maganin nan rake kuma ka nemi likita da wuri.



Canadian AIDS Treatment
Information Exchange
Réseau canadien
d'info-traitements sida

www.catie.ca



www.apaa.ca

A yi Shawara na musamman jiyya ta asibiti tare da sanin kwararre likita mai dimbin sanin dangin ciwace ciwace kwayoyin kanjamo da jiyar su

Ina Iya Shan Efavirenz Da Wasu Magungunan?

- ☉ Efavirenz na iya haduwa da wasu magungunan. Muhiɓɓin abu ne a sanar da likita game da magungunan da aka umurce ka ka sha ko dai kana son ka sha da kanka (har da na gargajiya).
- ☉ Efavirenz na iya rage karfin magungunan hana daukan ciki. In kina shan Efavirenz, ki nemi wani hanyar dakatar da daukan ciki.

Me Yasa Za'a Bani Maganin Efavirenz?

- ☉ Efavirenz (wanda ake kuma kira sustiva) maganin ce da akan hada da wasu magunguna don a yake kanjamau.
- ☉ Efavirenz takan stai da wani irin litse da ake kira "reverse transcriptase". Tana sashen wasu magungunan da kira "Reverse Transcriptase inhibitors (RTIs)". Kwayoyin kanjamau na bukatan wannan proyain don yaduwa. Don haka in maganin ta tsai da wannan protain, sai ta hana yaduwar cutar.
- ☉ Shan wannan maganin na rage yawan kwayoyin kanjamau a jiki zai iya kuma rage hadarin kamuwa da wasu cututukar da kan shige jiki sanadaiyar kanjamau, ta kara lafiyar jiki ya kuma rage batancin da cutar na kawowa garkuwar jiki.

Yaya Zan Sha Wannan Maganin?

- ☉ Ana samun maganin a 200mg da 600mg.
- ☉ Ana shan shi 600mg kowace yamma ko lokaci barci.
- ☉ Ana shan shi koda abinci ko babu abinci.
- ☉ Efavirenz ana adana ta inda babu sanyi.
- ☉ Kada a bar maganin inda yara na iya kaiwa.

In Na Manta in Sha Maganin Rana Guda Fa?

- ☉ Ka sha wannan da ka manta ka sha nan take. Amma in tsakanin awa biyu ne kafin shan wani sai ka manta da wannan ka ci gaba kawai yadda ka saba. Kada ka sha kwayoyi biyu lokaci guda do da ka manta da na baya.



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- ☉ Bincike ta nuna cewa in har magungunan za suyi aiki, doke a sha su bisa umurnin likita. Rashin shan magungunan bisa kaida na iya sa kwayoyin cutar su canza yanayi har magani ya kasa aiki.

Efarvirenz Na Iya Hana Methadone Da Wasu Magungunan Kanjamau Da Ake Kira Protease Inhibitors Aiki Kamar:

- ☉ Saquinavir (Fortovase da Invirase)
- ☉ Indinavir (Crixivan)
- ☉ Ritonavir (Norvir)
- ☉ Nelfinavir (Viracept)
- ☉ Lopinavir (Kaletra)
- ☉ Amprenavir (Agenerase)

Indan kana shan Efavirenz hade da wadanan magungunan, dole a canza yawan shan su

Ina Iya Shan Efavirenz da giya ko Kwayoyin sa Maye?

- ☉ Ya fiye a daina shan giya ko irin wayannan munanan kwayoyi.
- ☉ Giya na iya hana maganin kanjamau aikin da ya kamata. Kada ka dakatar da shan magani ko sau guda don son shan giya.

Ina Iya Shan Efavirenz Sa'anda Nake da Juna Biyu Ko Ina Shayar Da Jariri?

- ☉ Kada matan da ke da juna biyu ko suna shirin haka su sha wannan magani
- ☉ Tun da shike mata na iya ba iya yan su kwayoyin cutar kanjamau ta wurin shayar da su, ba kamata mace mai kanjamau ta shayar da jaririnta ba.

Wayane Abubuwa Kuma Ya Kamata in Sani Sa'anda Nake Shan Efavirenz?

- ☉ Ka kusanci likita kowane lokaci don gwajin yanayin hautarka da kitse a jinin ka.



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- Ka tabbatar kana samun maganin kowace lokaci
- Kada ka kara ko ka rage yawan kwayoyin maganin da kake sha ba da shawarar likita ba.
- Efavirenz bata kashe kwanyoyin kanjamau ko warkar da cutar. Bata kuma hana bai wa wani ciwon saboda haka a lura sosai wajen jimai (ayi amfani da kororon roba) ko wajen shan kwayoyin maye (a yi amfani da sabon alura kawai).

Labari mai muhimmanci:

Masu yada labarai ta jiyar cuta mai karya garkuwar jiki a kasar Canada da suna CATIE tare da wata kungiya ta Afirka wato APAA, masu aiki akan wanan cuta suna da nufi mai kyau ta wurin hanyar yada labarai zuwa ga masu zama da cuta kwayoyin kanjamo ko cuta mai karya garkuwar jiki, da musamman masu hanyar kula da kansu tare da taimakon ma' aikatan kungiyar da ke jiyar masu wanan cuta.

Labarai da a ka samu ta wurin CATIE ko APAA ba kamar shawaran likita ba ne. CATIE/APAA basu bada goyon baya na musamman jiyar amma masu amfani da mu su yi kokari ta wurin samu shawara da ga wurare masu yawa. Muna kuma karfafa wa masu amfani da mu, su nemi shawara da ga kwararre likita kafin su dauki wani shawara ko amfani da kowane magani.

Ba mu da tabbacin cewa labarai da ga wurin CATIE ko APAA daidai ne. Harka ce mai hadari idan aka dogara da labarai da ga wurin CATIE ko APAA kawai. Ba za a rike daya a cikin CATIE ko APAA ko ma' aikatan su, shugabannin ko daraktoci, masu taimakon su da laifin diyya akan amfani da labarai da suka yada.

Ra ayin da suke a cikin labarai wanda CATIE ko APAA ta buga na wanda suka wallafa ne, kuma ba ra ayin ko manufa minista mai kula da lafiyan Canada ba ne. Wannan website ya kunshi hadi na waddansu websites. APAA ba ta sarrafa websites da ta hadi ba, APAA ba ta dauki nauyi kayan cikin kowane website da ta hadi tare da website da ta kuma kunshi kowane hadi, ko karuwar da aka yi wa waddanan hadi ta websites. Websites da suka hadi da namu ba su nan a farasanci ko turanci. APAA ta yi tanadi na wannan hadi ta websites domin sauki, ama kunshi ta kowane hadi bai nuna a fakaice APAA ta goyi bayan wannan hadi ta websites ko suna tare da afaretan wadannan websites ba.

Ba mu da tabbacin cewa labarai da ga websites da suka hadi da wannan daidai ne. Kuma harka ce mai hadari idan aka dogara da labarai da ga nan, a kuma dauki nauyin kallo da yarda da bayani ta farabati da sharrada ta amfani a websites da suka hadi da wannan. Idan za a yi kowane bayani ko bincike akan batun websites da suka hadi da wannan, sai a tuntubi afaretan su



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